



Jim Reynolds, Director/Outreach Coordinator: (978) 468-5529

Monday - Friday 8:00 am - 4:00 pm

## WENHAM COUNCIL ON AGING NEWS

**WENHAM COA**  
**10 SCHOOL STREET**  
**978-468-5529**  
**COA@WENHAMMA.GOV**

### NOVEMBER 2013

Volume 1, Issue 3



I recently had the privilege to attend what was considered the first annual "National Senior Center Conference", which was held in Sturbridge. The focus of this year's event was on transforming our senior centers into wellness centers and included several sessions on evidence-based programming. The workshops focused on workforce development and civic engagement, property tax relief, coping with tight budgets, emergency planning, fire prevention and other public safety programs. Other featured workshops were on Social Security, Medicare and other public *online* benefits programs like *BenefitsCheckUp* that has helped 3.6 million people find \$13.5 billion in benefits. In addition, websites like *MyMedicare-Matters* helps millions get the most out of Medicare.

Although COA's were authorized in Massachusetts in 1956, funding began in 1980 with an allocation of \$300K which has grown to \$10.5 million today through the formula grant based on \$8/elder using the 2010 census data. During that same time, we have seen the network of COA's grow out of Parks & Recreation Departments into fully operating human service agencies offering a full range of benefit and support programs, as well as offering a full portfolio of evidence-based programming promoting "Healthy Communities".

So, the theme of the conference "Where do We Grow from Here" was appropriate and included ideas about what leaders think the eldercare network should look like in the next 5, 10, 15 years. Some COAs have already established community links to expand consumer options. One COA has contracted with a local fitness centers to offer low-cost exercise sessions during the day and another offers therapeutic exercise programs for elders discharged from hospitals. The hospitals underwrite these programs. In some communities, COAs have interdisciplinary relationships with local schools; elders tutor and mentor students, and students share skills with seniors, most notably computers and cooking.

In some communities, seniors drive the economic engine for local businesses. Elders who remain in their communities and patronize local businesses present opportunities for linkage and networking. Inviting businesses to underwrite goods and services will attract seniors to the center, and in turn to the businesses. Other businesses provide on the job training for those who want or need to work. In the next 5-10 years, senior centers will become community centers, more intergenerational and more engaged than ever before. Let's hope.

Jim Reynolds, *Director*

COA

### SHINE

Serving the Health  
Information Needs of  
Elders

If you have a  
Medicare  
Prescription Drug  
Plan or Medicare  
Advantage (HMO,  
PPO), you should  
be receiving  
information from  
your plan by the  
end of Sept.

Understand and  
save this  
information or  
call.

Call 978-468-  
5595

Lucy Frederiksen  
for an  
appointment.

**Medicare Open  
Enrollment**

Oct 15 - Dec 7

## Wenham Van Transportation Services

MARKET BASKET EVERY THURSDAYS

MYSTERY TRIPS, NORTSHORE MALL & TRADER JOES

Call Dispatch: 978-468-5534

Service hours: Mon - Fri: 8 am - 3:30 pm

24 Hr. Advance Notice Preferred

*SeniorCare, Inc. provides direct and indirect funding for outreach and other programs. Donations accepted at all events including transportation. Thank you.*



**FASTEST GROWING SPORT IN  
AMERICA - SAT, 9AM - REC CTR**

[https://www.youtube.com/  
watch?v=g2KNHlgOkXM](https://www.youtube.com/watch?v=g2KNHlgOkXM)

# Health and Wellness

Call 978-468-5529 when Appointments are required



## Low-Impact Aerobics-Active Elders

call: Barbara Thompson (978) 887-9192

**Location:** HW Legion Hall

**Classes:** Mon, Weds and Fri (**FREE 1ST Visit**)

- ◆ Step Aerobics 8:30 am - 9:15 am
- ◆ Strength Training 9:15 - 9:50 am
- ◆ Low Impact aerobics 9:50 - 10:15 am

## Walking Club

**Cost:** FREE

**Location:** Gordon College, Bennett Center

Must *pre-register* for card @ HW Recreation Department (978) 468-2178

## Exercise and Recreation NO EXPERIENCE

### Arm Chair Yoga (FREE 1st visit)

**Cost:** 8 visits for \$40 (\$5 per visit) Drop-in \$8

Mondays 11:00am – 12:00pm - **Ham. COA**

Tuesdays 10:30am – 11:15am - **Enon Village**

### Adult Swim Programs

Lap Swimming and Water Exercise

**Cost:** 20 Visits for \$65 (\$3.25 per visit)

Register through the HW RECREATION (978) 468-2178

**Location:** Gordon College, Bennett Center

### \*New\* Stretch, Strength & Balance Class

with Regina Baker

**Thurs, November 18th and 25th: 1:30pm - 2:30pm**

**Location:** Wenham COA

Reserve space by calling (978) 468-5529

Safe warm-up, all abilities ~ a program built for all.



### SHINE Counselor – FREE – Appointment Required

Health Insurance Information/Counseling Mondays - Nov 4th, 18th or 25th at H-W Library. 10am - 12 pm - 2nd Floor. Home visits avail.

Call for an appointment (978) 468-5534

### Gentle Joints thru the Arthritis Foundation

Location: Hamilton COA (Linda Greenwall)

**Cost:** 8 visits for \$40 (\$5 per visit) Drop-in \$8

Fridays in November - 10am - 11am

### HW Podiatry – Bring Insurance Card – Appointment Required

Location: Wenham COA - Wednesday, Nov 27th, 9:00am – 12 pm

### HW Low Vision Support Group - Assistive Devices

Hamilton COA Weds, Nov 20th at 12:30pm (Come early \$3 lunch)

### HW Blood Pressure Checks – FREE

Location: Hamilton COA Weds, Nov 13th & 27th - (10am-12pm)

### Morning & Evening Prayer

Location: Christ Church of Hamilton & Wenham Chapel, 149 Asbury St., Hamilton. week days, 8:30am & 5:30pm. This is a 1/2 hour, twice daily prayer with Dr. Jack Davis, Professor of Systematic Theology and Ethics at Gordon Conwell Theological Seminary.

### Annual Fall Bake Sale

Location: Enon Village Community Center, Sat, Nov 16th at 9am. For advance raffle tickets or to donate call Susan Herrick (978) 777- 5643. Come one, come all for coffee and baked goods followed by raffle to incl. gift baskets, gift certificates and more. You need not be present to win!

Art Class sign up (468-5534) Nov 6th and 27th at 2 PM

Gourmet Chefs Lunch - November 15th - Soup and salad.

Dilled corn chowder and roasted vegetables. Noon - W COA.

### Other November notable activities:

NS Vocational School's Annual luncheon at the **Log Bridge Inn** in Middleton will take place on November 13th. Pick up for Wenham residents will be in Hamilton COA at 10:30am and Enon Village at 10:45am.

**Explorers Lifelong Learning Institute** of Salem State University—For more information and to see a complete catalogue of course offerings visit <http://www.salemstate.edu/explorers> or contact the Wenham COA office.

**Fuel Assistance Programs** are available between Nov 1 and April 30th of each year. Call Action Inc. (978) 282-1003 or your COA.

**Senator Tarr** or a representative from his office will be holding Office hours at the Wenham COA on Nov 5th from 12 - 2pm.

**H-W Village Public Visioning Meeting** - Nov 14 from 6:00 - 8:00 PM at H-W Library. Be part of the long term vision for downtown.

**Wenham Council on Aging** is looking for help with hospitality for Weds and Saturdays.

**Wenham COA** will sponsor and OPEN House on Wednesdays from 2-4 PM for anyone interested in learning more about the Council.

**Jolie Tea Company's** Amy Job will be at the Wenham COA on November 6th from 2-3 PM to taste and talk about the history of tea.

**Barbara K. Lawrence** - author of *Islands of Time* will discuss her book on Nov 16, 9 - 11:30am

**Cookie Swap Sign-up\*** - Limited to 15 by Nov 30th

# WENHAM COUNCIL ON AGING NOVEMBER 2013 CALENDAR

**H:** Hamilton Council on Aging  
**W:** Wenham Council on Aging  
**LH:** Lamson Hall

\* SIGN UP  
(468-5534)

**HWL:** Hamilton Wenham Library  
**HWCH:** Hamilton Wenham Community House  
**ENON:** Enon Village

**HWR:** Hamilton Wenham Recreation Dept.  
**MIM:** Meet in the Middle  
**LEG:** Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*SATURDAY - NOV 2</b> <b>CAREGIVER CONNECTIONS</b> 8:30 AM - 1:30 PM DoubleTree By Hilton 50 Ferncroft Rd, Danvers <i>Workshops and resources for</i> <i>Alzheimer's Caregivers</i></p>	<p><b>*SATURDAY - NOV 9</b> <b>FLYING HORSE OUTDOOR</b> <b>SCULPTURE EXHIBIT TOUR</b> NOON - 1:30 PM Pingree School Transportation available from Wenham COA</p>	<p><b>*SATURDAY - NOV 16</b> <b>BARBARA K. LAWRENCE</b> 9 AM - 11:30 AM <b>Book: <i>Islands of Time</i></b></p>	<p><b>*SATURDAY - NOV 23</b> <b>COFFEE HOUR</b> 9 AM - 11:30 AM <b>Speaker: TBD</b></p>	<p><b>1</b> Gentle Joints - H 10-11am Low Impact Aerobics - LEG 8:30 am-10:15 am Bingo - ENON - 2:00 pm Bridge - HWL 1:30pm - 4 pm</p>
<p><b>4</b> Low Impact Aerobics - LEG 8:30 am-10:15 am Arm Chr Yoga - H - 11am - 12pm Knitting - HWL- 12 pm - 2 pm SHINE - HWL - 10 am - 12pm</p>	<p><b>5</b> *SHINE/Susan Cripp - HWL 10:30am - 12 pm Sen. Tarr Rep - W - 12—2pm Mat Yoga - H (10:30 - 11:15am) Chair Yoga - ENON 10:30 am - 11:15 am</p>	<p><b>6</b> OPEN HOUSE 2-3PM w/Jolie Tea Tasting* Low Impact Aerobics - LEG 8:30 am-10:15 am Blood Pressure Clinic - H - 9 am Bridge - HWL - 10am Art Class - W* - 2pm</p>	<p><b>7</b> Market Basket W*10 am Cribbage - HWL - 10am - 12 Walking Time - HWR- 12:30 Stretch, Strength &amp;Balance *New w/Regina Baker - W - 1:30 - 2:30pm</p>	<p><b>8</b> Gentle Joints - H 10-11am Low ImpactAerobics - LEG 8:30 am-10:15 am Bingo - ENON - 2:00 pm Bridge - HWL 1:30pm - 4pm</p>
<p><b>11</b> Low Impact Aerobics - LEG 8:30 am-10:15 am Arm Chr Yoga - H 11am- 12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 - 8:30 pm</p>	<p><b>12</b> TRADER JOES - W - 10 am Mat Yoga - H 10:30 am Chair Yoga - ENON 10:30 am Mystery Mayhem - HWL - 10am</p>	<p><b>13</b> OPEN HOUSE 2-3PM *Log Bridge Inn -ENON 10:45 am Low Impact Aerobics - LEG 8:30 am-10:15 am Bridge - HWL - 10am History - HWL - 7pm</p>	<p><b>14</b> Market Basket W*10 am Audiology - W* - 12pm Cribbage - HWL 10am - 12 Walking Time - HWR - 12:30 Stretch, Strength &amp;Balance *New w/Regina Baker - W - 1:30 - 2:30pm</p>	<p><b>15</b> *Gourmet Chef's Lunch Gentle Joints H 10-11am Low Impact Aerobics - LEG 8:30 am-10:15 am Bingo - ENON - 2:00 pm Bridge - HWL 1:30pm - 4pm</p>
<p><b>18</b> NS MALL - W - 10 AM Low Impact Aerobics - LEG 8:30 am-10:15 am Arm Chr Yoga - H 11am -12p Knitting - HWL 12 pm - 2 pm SHINE - HWL 10 am - 12 pm Bridge - W - 6:30 - 8:30 pm</p>	<p><b>19</b> Mat Yoga - H 10:30 - 11:15am Chair Yoga - ENON - 10:30 am Movie - <i>Emperor's Club</i> - 10 am Literary Lunch - HWL - 11:30am Managing Your Health - W 1:30 - 2:30PM/Regina Baker</p>	<p><b>20</b> OPEN HOUSE 2-3PM Low Impact Aerobics - LEG 8:30 am-10:15 am Blood Pressure Clinic - H 9 am - 12 pm Low Vision - H - 12:30pm Crafty Ladies - W - 2 pm</p>	<p><b>21</b> Market Basket W*10am Cribbage - HWL - 10am - 12 History Lecture - W - 11AM - light lunch (Jack Hauck) Stretch, Strength &amp;Balance *New w/Regina Baker - W - 1:30 - 2:30pm</p>	<p><b>22</b> Gentle Joints - H 10-11am Low Impact Aerobics - LEG 8:30 am-10:15 am Bingo - ENON - 2:00 pm Bridge - HWL 1:30pm - 4pm</p>
<p><b>25</b> Low Impact Aerobics - LEG - 8:30 am-10:15 am Arm Chr Yoga - H 11am -12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 pm - 8:30 pm</p>	<p><b>26</b> Mat Yoga - H 10:30 am Chair Yoga - ENON 10:30 am 1 PM - W* - DISCUSSIONS: UNRAVELING FACEBOOK &amp; TWITTER - 11AM - 12:30 PM</p>	<p><b>27</b> OPEN HOUSE 2-3PM Low Impact Aerobics - LEG 8:30 am-10:15 am Bridge - HWL - 10am Podiatrist - W* - 9:00am - 12pm Art Class - W* - 2pm</p>	<p><b>28</b> <b>THANKSGIVING</b> <b>HOLIDAY</b></p>	<p><b>29</b> Gentle Joints - H 10-11am Low Impact Aerobics - LEG 8:30 am-10:15 am Bingo - ENON - 2:00 pm Bridge - HWL 1:30pm - 4pm</p>

Wenham COA  
10 School Street  
Wenham, MA 01984

NON-PROFIT  
ORGANIZATION  
U.S. Postage Paid Bulk  
Permit No. 111  
WENHAM, MA 01984



**Stretch, Strength and Balance**  
**Thurs, November 18 & 25th**  
**1:30—2:30 PM**  
**Wenham COA Building**

Deliver to addressee or current resident

**“The future belongs to those who believe in the beauty of their dreams” *Eleanor Roosevelt***

**Wenham Board:**

Chairman - Lucy Frederiksen  
Roseann Brozenske - Vice Chair  
Kristin Crockett - Outreach Chair  
Juliana Dodge - Secretary  
Peggy Gauthier  
Diana Lang

**Friends of Wenham COA**

Trudy Reid - President  
Tom Tanous - Vice President  
Bob Wilkes - Treasurer  
Jim Howard - Secretary

**Holiday Arrangements from the Yard with  
master gardener Betty Sanders, Tuesday,  
Nov. 19 from 7:00-8:30 pm at the Hamilton –  
Wenham Library. All five arrangements will  
go home as door prizes.**



**A SCENE FROM OUR PAST**

**Special Town Meeting - Nov 5th at 7:30 PM @Buker School**

**THANKSGIVING RECIPE**

**Curried Squash with Apples**

**Serves 8:**

Classic Indian seasonings meet New England tradition in this curried squash from Dan Matthieu, of East meets West, the South End Caterers.

- |  |   |
|--|---|
| - 4 tablespoons (1/2 stick of butter)    | - 2 butternut squashes, peeled, seeded & sliced     |
| - 1 Spanish Onion, finely chopped        | - 1/2 cup of white wine                             |
| - 1 1/2 tablespoons curry powder         | - 1 cup of chicken stock                            |
| - 1 Granny Smith Apple, cored and sliced | - 1/4 cup of golden raisins                         |
| - 2 tablespoons dark brown sugar         | - 1/2 cup of slivered almonds, toasted until golden |

Set the oven at 400 degrees. In a large, flameproof casserole, heat the butter: when it melts, add the chopped onion. Cook the onion for 8 minutes, stirring occasionally. Add the curry powder and cook for 2 minutes to mellow it. Add the apple and brown sugar and cook for 3 minutes. Add the squash and stir it into the curry mixture until it is coated all over. Pour in the wine and stock and bring to a boil.

Turn off the heat, scatter the raisins onto the mixture and cover the pan. Transfer it to the oven. Bake the dish for 45—55 minutes or until the squash is tender. Add salt to taste, sprinkle with toasted almonds, and serve at once.